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The Classmate: Naval Postgraduate School Officer Students' Wives' Club Magazine / Vol.18, no.1 (January 1978)

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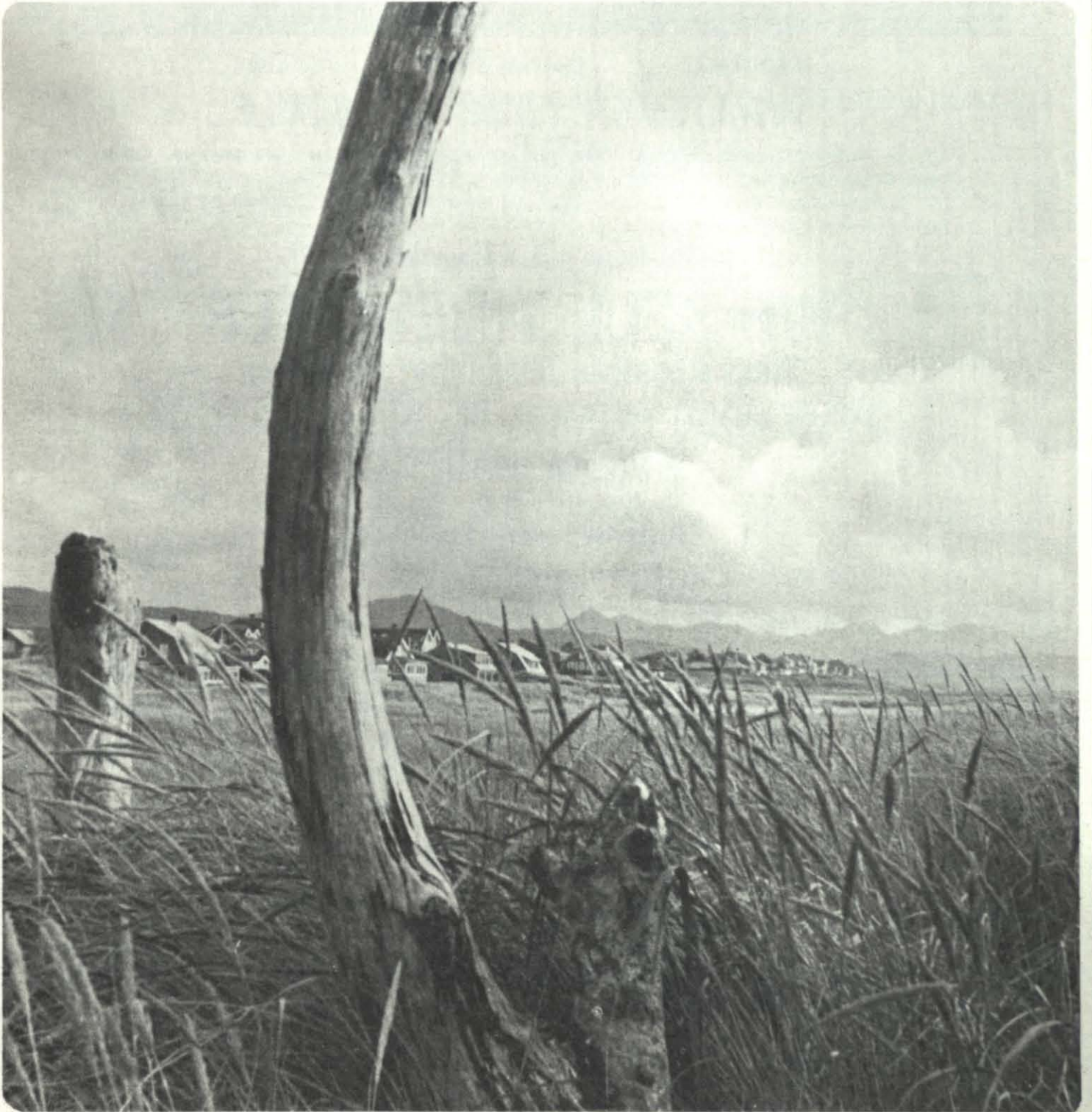
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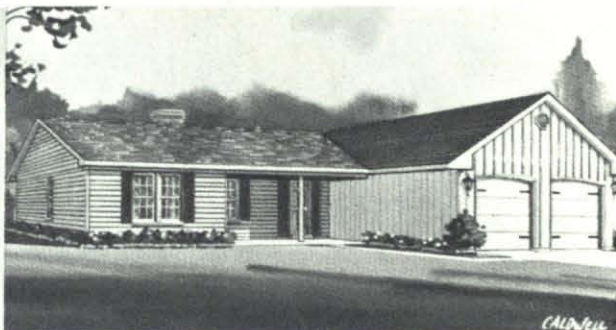
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in this issue...

focus of the monthre-establishing ourselves

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On the Cover: January is the bleakest of months for most people, but Nancy Lemke captured its beauty in this picture of an old beach resort along the coast of Oregon.



editor's notes



Selecting each issue's focus of the month is one of the most difficult tasks of being editor. The interests of CLASSMATE's audience, as well as the abilities and experience of its staff, are major considerations. For this issue, at the November 1st CLASSMATE meeting I presented the staff with the idea of writing about the aspects of our lives as mili-

tary dependents (I hate that term) that make our lives different and how we cope with them.

Since being stationed at NPS is like a fairy tale come true for many of us with no duty nights, no deployments, and the delightful Monterey Peninsula, we all tended to have forgotten the less attractive aspects of the "real" military life, and therefore, we felt unable to tackle those subjects. Also, CLASSMATE's staff members have as varied a background military experience-wise as the students at NPS. So we decided to narrow our focus to the common problem of frequent moving that we all face.

Although the logistical trials of a move are annoying, most of us felt that it was the problem of re-establishing a fulfilling life in an unfamiliar community that was the most difficult to handle. Therefore, we dedicated this issue's contents to helpful suggestions on how to get a job, combat job discrimination because of our transient status, and how to get involved in whatever interests you in your new community. After all, if you just stay in the safe confines of your home, living in Timbuktu would be the same as Chagrin Falls, Ohio. And you would miss out on one of the great advantages of the

military life: the opportunity to travel and sample the unique features each duty station offers.

We think we have created a constructive volume which we hope you find worthwhile and worth saving. The articles related to employment are especially valuable and are universal in their pertinence to both men and women.

As a service to sociologist Jacqueline Boynton and our readers, I have included her survey regarding military spouse satisfaction with the military affected aspects of their lives. Here is your chance to start off the New Year by being heard.

This month we have the sad chore of saying goodbye to Lari Johnson. She has been a mainstay of CLASSMATE, serving exceptionally well as editor, photographer, feature and focus writer. The Peripatetic Palate will never again be researched with such gusto or written with as much authority. Thank you, Lari, and don't forget to pack your umbrella when you dine out in Bremerton.

I hope this proves to be a fulfilling year for you all. □

Nancy Lemke
Editor-in-Chief

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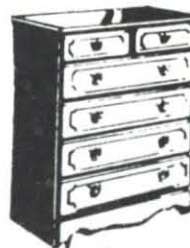
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OSWC news



Lynn Lohrmann

Happy New Year! I hope that this is indeed a good one for everyone. To those of you who are just arriving this quarter, a very warm welcome! I am sure that you will find this tour to be a multifaceted experience. The education, social and growth opportunities abound whatever your interests.

OSWC, the Office Students' Wives' Club, is a very active group through which a myriad of activities and programs are offered. I most heartily invite you all to join and participate. Governing Board meetings are held regularly on the first Monday of every month in the Tower Room of Herrmann Hall. Please feel welcome to attend.

Two welcoming coffees are included in the schedule for this month. Thursday, January 12, is the New Section Leaders' Wives Coffee. All new section leaders' wives are cordially invited. Please call me if you have not been contacted about the details. On Thursday, January 19, the OSWC Welcome Aboard Coffee will be held in the La Novia Room of Herrmann Hall at 8 p.m. Everyone is invited to attend this fun evening to meet new friends and receive helpful information about the facilities, services and programs available to you. Reservations can be made through the Welcome Aboard Chairman.

We also have an exciting luncheon planned for January. On Thursday, January 26, Mary Agnes Lansdowne will be coordinating a program on interior design. This talented artist and designer has some creative ideas for decorating that will be of interest to us all.

There will be a bus trip to San Francisco on Friday, February 3. For this popular activity, OSWC arranges the transportation and you plan your own day. Who can resist shopping and sightseeing in San Francisco? Not me, much to the chagrin of my "financier"!

February is also OSWC election time. The theme of the Election Program on the 19th is entertaining. The guest speaker will be Gloria Pieretti, PG&E Home Economist. Each curriculum will be entering a table setting display for judging. The refreshments will include wine and cheese tasting. More details will be forthcoming. Contact your Curricular Representative if you would like to participate.

Anyone interested in being a candidate for an OSWC office please call Jan Terrill, the Nominations and Elections Chairman.

Details of all these functions and more are printed in the Pink Flyer. This OSWC communique is circulated monthly, about the 15th via our husbands' Student Mail Center (SMC) boxes. CLASSMATE also contains OSWC news and other interesting articles about what's happening in the community.

The club communication "tree" through the section liaisons and Curricular Representatives is also very important to the effectiveness of OSWC. Please take advantage of this personal contact system for information, suggestions and questions. I am interested in your feelings about improving your club and for making it even more enjoyable for everyone in the membership. Contact me anytime. I am happy to hear from you.

Again, I extend to everyone an invitation from OSWC to join us in our friendly, active group. I look forward to seeing you all soon. □



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Navy Relief in 1978

Navy Relief would like to welcome all of you back from your holiday and wish you the best for 1978. Now that things have settled down for a while (hopefully), why not consider spending the end of this month taking the two week course being offered by Navy Relief? The dates are January 23-February 3, 9 a.m. to 12 noon, and child care is free.

The course is going to cover all areas of Navy Relief; interviewing, receptionists, Thrift Shop and dependents' benefits, just to name a few. It will be taught by Louise Diver from Headquarters in Washington, D.C. She intends to make it relevant to today's military wife and fam-

ily. There will be guest speakers from CHAMPUS, Disbursing and other areas appropriate to Navy Relief. The last day of the course, February 3, will be a no-host luncheon at the club with husbands invited.

This is an opportunity not to be missed. You are under no obligation to work for Navy Relief after taking the course, but you will be learning many things about the military you probably didn't know. If you are interested in taking the course or wish to know more about it, please call the Navy Relief Office at 373-7665, or fill out the registration form below and return it to SMC #1944. □

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January 23-February 3

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Ages of Children for Child Care: _____

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Fluoride Festival

The Fluoride Festival is an annual program sponsored by the NPS Branch Dental Facility in conjunction with OSWC. This year's festival will be held Monday, February 13, in the Dental Clinic on the third deck of Herrmann Hall. The program includes a scan exam, instruction in the proper way for children to clean their teeth, and a fluoride treatment. Parents may view a film while they wait for their children. The Fluoride Festival is free and available to all dependents aged 5-18 years. It is not necessary to be a member of OSWC to participate. Appointments are required and can be made February 6 through 8 only, by calling the Dental Clinic at 646-2478.



Receiving a fluoride treatment is only one of the benefits available at the Fluoride Festival.

Volunteers are needed to help this program run smoothly. No experience is necessary, just a willingness to do something for children. You may assist in the morning or afternoon. Please contact Debbie Marzluff, 375-0320, SMC 1470, for more information. ☐



Todd Thornton Whitney, Jr., 8 lbs., 11 oz., Nov. 19, 1977, to LT and Mrs. Todd BRUNER.

Raven Leigh, 4 lbs., 1 oz., Nov. 8, 1977, to LT and Mrs. David MOSBY.

OSWC MEMBERSHIP

To obtain an OSWC Membership, fill out the form below and return with the appropriate dues to Leslie Zeile, SMC 1231.

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feature section

As job seekers, we have all experienced the selection process through which an employer reviews the applicants and chooses those who will satisfy the positional requirements best. By definition, this is a screening process, calling for a subjective determination. Not all applicants will be hired, and indeed, not all will be qualified for the position. The employer must be discriminant in his hiring in an effort to hire the "best" candidate. Nevertheless, an employer cannot ignore just and equitable principles in his placement practice.

The following excerpts from the California Labor Code are provided to illustrate employment practices which are unlawful.

§ 1412. Opportunity for employment without discrimination as civil right: *The opportunity to seek, obtain and hold employment without*



discrimination because of race, religious creed, color, national origin, ancestry, physical handicap, medical condition, or sex is hereby recognized as and declared to be a civil right.

§ 1420. Unlawful employment practices specified: *It shall be an unlawful employment practice, unless based upon a bona fide occupational qualification, or, except where based*

Legal-Case

by LT David Laredo

Fair Employment Practices

upon applicable security regulations established by the United States or the State of California:

(a) *For an employer, because of the race, religious creed, color, national origin, ancestry, physical handicap, medical condition, or sex of any person to refuse to hire or employ him or to refuse to select him for a training program leading to employment, or to bar or to discharge such person from employment or from a training program leading to employment, or to discriminate against such person in compensation or in terms, conditions or privileges of employment.*

(1) *Nothing in this part shall prohibit an employer from refusing to hire or discharging a physically handicapped employee, or subject an employer to any legal liability resulting from the refusal to employ or the discharge of a physically handicapped employee, where the employee, because of his physical handicap, is unable to perform his duties, or he cannot perform such duties in a manner which would not endanger his health or safety or the health and safety of others.*

(2) *Nothing in this part shall prohibit an employer from refusing to hire or discharging an employee who, because of his medical condition, is unable to perform his duties, or cannot perform such duties in a manner which would not endanger his health or safety or the health or safety of others. Nothing in this part shall subject an employer to any legal liability resulting from the refusal to employ or the discharge of an employee who, because of his medical condition, is unable to perform his duties, or cannot perform such duties in a manner which would not endanger his health or safety or the*

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health or safety of others.

(b) For a labor organization, because of the race, religious creed, color, national origin, ancestry, physical handicap, medical condition, or sex of any person, to exclude, expel or restrict from its membership such person, or to provide only second class or segregated membership or to discriminate against any person because of the race, religious creed, color, national origin, ancestry, physical handicap, medical condition, or sex of such person in the election of officers of the labor organization or in the selection of the labor organization's staff or to discriminate in any way against any of its members or against any employer or against any person employed by an employer.

(c) For any person to discriminate against any person in the selection or training of that person in any apprenticeship training program or any other training program leading to employment because of the race, religious creed, color, national origin, ancestry, physical handicap, medical condition, or sex of the person discriminated against.

(d) For any employer or employment agency, unless specifically acting in accordance with federal equal employment opportunity guidelines

and regulations approved by the commission, to print or circulate or cause to be printed or circulated any publication, or to make any non-job-related inquiry, either verbal or through use of an application form, which expresses, directly or indirectly, any limitation, specification, or discrimination as to race, religious creed, color, national origin, ancestry, physical handicap, medical condition, or sex, or any intent to make any such limitation, specification or discrimination. Nothing in this subdivision shall prohibit any employer from making, in connection with prospective employment, an inquiry as to, or the request for information regarding, the physical fitness or

medical condition of applicants if that inquiry or request for information is directly related and pertinent to the position the applicant is applying for.

(e) For any employer, labor organization or employment agency to discharge, expel or otherwise discriminate against any person because he has opposed any practices forbidden under this act or because he has filed a complaint, testified or assisted in any proceeding under this part.

(f) For any of the person to aid, abet, incite, compel, or coerce the doing of any of the acts forbidden under this part, or to attempt to do so.

§ 1420. Employer's acts or omis-



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sions based on age as unlawful practice: Exceptions.

(a) It is an unlawful employment practice for an employer to refuse to hire or employ, or to discharge, dismiss, reduce, suspend, or demote any individual between the ages of 40 and 64 solely on the ground of age, except in cases where the law compels or provides for such action. This section shall not be construed to make unlawful the rejection or termination of employment where the individual applicant or employee failed to meet bona fide requirements for the job or position sought or held, or to affect bona fide requirements for the job or position sought or held, or to affect bona fide

retirement or pension programs; nor shall this section preclude such physical and medical examination of applicants and employees as an employer may make or have made to determine fitness for the job or position sought or held.

Promotions within the existing staff, hiring or promotion on the basis of experience and training, re-hiring on the basis of seniority and prior service with the employer, or hiring under an established recruiting program from high schools, colleges, universities, and trade schools shall not, in and of themselves, constitute a violation of this section.

(b) This section shall not limit the right of an employer, employment

agency, or labor union to select or refer the better qualified person from among all applicants for a job. The burden of proving a violation of this section shall be upon the person or persons claiming that the violation occurred.

(c) The age limitations of the apprenticeship programs in which the state participates shall not be deemed to violate this section.

Persons who feel they have a bona fide complaint based upon an unlawful employment practice may bring their complaint before the California State Fair Employment Practice Commission, P.O. Box 603, 455 Golden Gate Ave., San Francisco, California 94101. Phone information can be obtained by calling Area Code 415, 557-2000. Section 1422 of the California Labor Code details the procedure and format for such a complaint.

In brief, the Fair Employment Practice Commission shall serve the complaint upon the employer and conduct an investigation. When warranted, the Commission will negotiate for the elimination of the unfair practice. If this fails, a hearing may be ordered, and the Commission will pursue the matter through its staff attorneys on behalf of the complainant.

Valid complaints must be filed within one year from the date upon which the alleged unlawful employment practice or refusal to cooperate occurred. □



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WHERE IT'S HAPPENING

by Linda Shoaff
and Diane Clayton

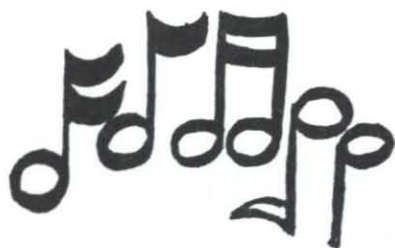
January is the traditional month of gloom — Christmas is over, school has started again, and the winter months seem to stretch ahead forever. Even in sunny Monterey, where it's hard to believe that summer ever completely stops, there can be that "letdown" feeling, and the best cure is to get out and do something. So if you're not completely broke after all that Christmas shopping, try to take advantage of some of the upcoming events. Some are even free!



Jan. 4 An English comedy **The Knack** begins a five week run at the Carmel Barnyard Theatre. Tickets are \$6.25, and reservations may be made by calling 625-1228.

Jan. 6&7 **MPC Fall Dance Concert** in the MPC Theatre. Showtime is 8:00 p.m., and general admission is \$2.

Jan. 6&7 The musical **Oliver** will be presented at the Wharf Theatre in Monterey. Curtain time is 8:30 p.m., and tickets are \$5 on Friday and \$5.50 on Saturday. Call 372-7367 for reservations.



Jan. 6, 8, 13, 15, 20, 22, 25, 28, Feb. 3, 5, 9, 11 Hidden Valley Opera presents **Madame Butterfly**. Evening performances are at 8:00 p.m. and Sunday matinees are at 2:30 p.m. Tickets are \$8 for adults and \$5 for youths. Call 659-3115 for reservation information.

Jan. 13-15,
20-22,
27-29

The Wharf Theatre presents an original musical **From Broadway to Monterey**. Performances are at 8:30 p.m. on Friday and Saturday and at 8:00 on Sunday. Call 372-7367 for ticket information.



Jan. 16-18 Practice rounds for the **Bing Crosby Golf Tournament**. Spectators may watch for \$5.

Jan. 17&19 **Scenes** by MPC drama students in the MPC Theatre from 1-5 p.m. Free.

Jan. 19 **Welcome Aboard Coffee**, 8 p.m., La Novia Room.



Jan. 19-22 **37th Annual Bing Crosby National Pro-Am Golf Tournament** at Pebble Beach, Cypress Point and Spyglass Hill Golf Courses. Spectators tickets are \$10.

Jan. 19 Film on Picasso — his work, his life and his friends — at Sunset Center Theatre in Carmel. Showtime is 1:30 p.m. Free.

Jan. 20&21 Jazz entertainer **Turk Murphy** will perform at the Monterey Conference Center. Call 649-1770 for ticket information.

Jan. 21 **The Massenkoff Russian Folk Festival**, The Soul of Russia, will appear at the Monterey Peninsula College Theatre at 8:00 p.m. General admission is \$3.



Jan. 23-
Feb. 2 **Navy Relief Course.** Call Evalyn Bishop (375-3263) for details.



Jan. 29 **Monterey County Symphony Orchestra** will appear at King Hall. Tickets are \$6. For reservations call 624-8511.



Jan. 26 **OSWC Program** on interior design, La Novia Terrace. The social period begins at 11:30 a.m. and lunch begins at noon. Cost is \$3.75 for members and \$4.50 for non-members.

Jan. 27&28 The Oakland Ensemble Theater presents **Native Sun** at the Monterey Conference Center. Tickets are \$4.

Feb. 3 OSWC Bus Trip to San Francisco.

COMMISSIONED OFFICERS AND FACULTY CLUB

The Naval Postgraduate School Officers' and Faculty Club is among the finest in the Navy. Its services are provided to all active duty officers of the Armed Forces, faculty members and other specific groups. BankAmericard and Mastercharge are accepted for package store, evening food services and El Prado bar.

Continental Breakfast — 0730-1030, El Rancho; Luncheon — 1100-1315, El Rancho (Cafeteria); Evening Dining — 1830-2130, El Prado (Friday and Saturday). TGIF on Friday nights 2100-0100. Music Friday and Saturday nights 2100-0100.

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INTERNATIONAL MESSAGE

by Kathy Werner

To announce the New Year bells rang out around the world; boats in the harbors of Norway tooted their horns; and fireworks illuminated the skies of Europe and South America. Everywhere, people partied with friends. In Portugal people took a midnight swim in the ocean so that they might have a fresh start for the new year.

We hope that everyone has had time to recuperate from the holidays and buckle down to bigger things. After all, it's a new quarter.

Next month, Larry and Merna Dearth will succeed Mike and me as the chairmen of the International Committee. Our involvement with the committee, making such wonderful friends from all over the world, has been an experience that we will cherish forever. The "smooth sailing" of the job must go to all Internationalists and sponsors alike. It would have been impossible without their cooperation.

A special debt of gratitude goes to a few who worked especially hard:

Assistants: Larry and Merna Dearth, and Al and Jane Tulloch. Furniture Closet: Chuck and Rose Marie Lawing, and Mercedes Carro. Hospitality Closet: Elisebeth Kyriazanos and Bonnie Kalyn. Flag Chairmen: Bruce and Becky Young. □



Wearing native dress, Victoria Soetopo is pictured with other members of the Indonesian wives group.



Wives of some of NPS's Canadian students enjoying themselves at the International Ladies' Coffee.



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Dining Out:

The Peripatetic Palate

by Lari Johnson and Nancy Lemke

A friend recently asked me to name the one restaurant I would go to if I had only one night to spend on the Peninsula. I thought, debated, rejected, and revised but still couldn't narrow the list to one. I finally decided I'd have to eat five dinners on that one night. However, the following restaurant was very close to the top of the final list.

The **FRENCH POODLE** typifies the epitome of elegant dining *en Français*. Located on Junipero in Carmel, this gem places primary emphasis on excellent cuisine and superb service.

Our party of four began with champagne cocktails and three appetizers from a delightful selection; salmon fumé, escargot, and paté maison. A huge plate of delicately smoked salmon, capers, onion and lemon comprised the first; perfect garlic and herb butter highlighted the second; and heavenly described the third. In too many cases, paté is mostly lard. Here the French Poodle's chef combines subtle liver and spices for a rare treat. Soup, a delicious hot vichyssoise, and salad, tossed greens with Michele's zesty French (what else?) dressing, accompanied the entrée, along with warm French bread and sweet butter.

For entrées, we chose Tournedos Rossini — a perfectly cooked filet mignon topped with goose liver and truffles in a marvelous sauce, Tournedos Curnonsky (named for the founder of the French Poodle) — a 2-inch thick filet topped with fresh sautéed mushrooms and a rich, tangy sauce, and Poulet Chaumière — one-half chicken in a scrumptuous wine sauce served in its own pot and accompanied by rice.

French cooking is famous for its sauces, which should accent, not hide, the meat. The French Poodle's chef, Marc, truly excels in this area. And we weren't shy about getting every drop

from plate to palate.

Pass up dessert in a French restaurant? Never! The French Poodle's Floating Island is one of our favorite desserts, and we had been looking forward to this crisp meringue floating in its crystal bowl in a sea of light almond/kirsch sauce — yummmmmmm!

Service was superb, never obvious but always attentive. Several selections have been added to the menu recently, following Michele's return from France in December. Jackets and reservations are required. Our check with wine was \$40 for two and worth every penny. Truly an outstanding dining experience.



Not quite as outstanding, but still quite good, was dinner at the Del Monte Lodge's **CYPRESS ROOM**. Having never visited this well-known Pebble Beach establishment, we decided to try it before departing the area. Nestled above the golf course with a priceless view of the ocean, the Cypress Room combines a slightly tropical decor with a limited Continental menu. There are two rooms, actually, and the room sans view is more elegant, with high banquettes and crystal chandeliers.

Again our party of four selected appetizers to begin the meal. We chose Bay shrimp cocktail, smoked Garrapata trout and the Chef's plate. The first was rather ordinary, but the trout was truly superb, being an entire smoked trout, boned and served with lemon. The Chef's plate contained a little of everything — smoked salmon, shrimp, prosciutto ham, melon, olives, deviled eggs, and relishes — it was ample for two.



Three in our group ordered a la carte salads which were very large and quite nice. For the entrées, we selected Medallions of Beef Messina: thin strips of beef with an artichoke bottom full of Bernaise sauce; veal Piccata, light and lemony; and prime rib. The entrées were a bit disappointing, being skimpy for the price and unattractively served. A bit more finesse had been expected here. Fresh vegetables al dente and puffed potatoes were merely tossed on the plate with no thought to appearance. Since the eye feasts first, this is inexcusable.

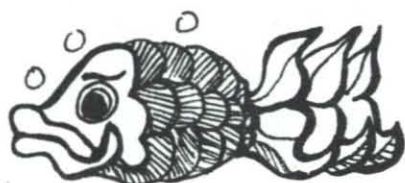
The Cypress Room had an excellent and extensive wine list, however, and the dessert selections looked impressive. Since there was a birthday in our party (mine), a lovely cream-filled almond cake was presented complete with my name, candles, and serenading waiters. Fortunately, the age was omitted. The Cypress Room has a small combo that provides music throughout the evening, and there is a postage stamp dance floor. It is really unfortunate that more restaurants don't provide music and dancing.

Service was a bit strange, however. Our waiter was fine but we suspected that he was training a new employee, as his assistant bumbled through the evening on the verge of disaster. (At least we hope he was new.)

Our bill was \$40 for two with wine — again expensive and, we feel, not quite worth it.

On the other end of the financial spectrum, if you are looking for a place to get good, cheap seafood on a night when it's too much trouble to change out of your blue jeans and you couldn't care less about atmosphere, **THE COVE** on Fisherman's Wharf may be the place to go. It's one of the few wharf restaurants that happily doesn't cater to the tourist trade. Meals are self-service; you order at the counter and pick it up there after it's cooked, eliminating the need for a tip!

The winning meals to our taste were the fish and chips, melt-in-your-mouth cod deep-fried in a great batter; and the Lucky Fisherman, a tasty sampling of cod, shrimp, abalone, squid, and scallops. The abalone puffs (ground abalone patties) were rather tasteless, but then abalone often is. The Crab Louis had lots of shredded crab meat (yum!) on a rather



disappointing mound of iceberg lettuce. However, I have paid several dollars more than the Cove's \$3.50 for Louis with less crab and fancier garnishes, and the crab is the important part to me.

The other meals were all well under \$3.00 and were accompanied by french fries and bread. I would have been glad to pay a little more if the extra would pay someone to scrub the floor, but the basics, like our table and what we could see of the kitchen, appeared clean. The Cove opens at 6 a.m. to serve breakfast.

The Barnyard has several new eating establishments, and we lunched at one recently called **CORNUCOPIA**, which is a restaurant and natural food store combination. No meat is used here, but there are lots of soy-made foods, sprouts and fresh fruits and veggies. The special for the day was spaghetti, but somehow we couldn't face meatless spaghetti sauce on soy noodles, so we opted for the more conventional (?) avocado, sprout, cream cheese and tomato sandwich on whole grain bread, which came with a good salad and an even better dressing, and a strange version of the Reuben, here made with cheese, baco-bits (that's how the menu described them) and too much sauerkraut. This came with a curried potato salad which blew off the top of your head. Spice tea is served by the cup — 35 cents for one, 50 cents for two — which seemed rather chintzy since coffee refills are free.

Service was awful — almost nonexistent! We waited 45 minutes for our food after waiting nearly 20 to have our order taken! Maybe the cook was waiting

for the sprouts to sprout! At least the nice fire kept us warm, and its crackle drowned out the grumbling of our tummies. A sandwich and tea (one cup) was \$2.75 and unless you *must* have soy noodles and carrot juice, don't bother.

This will be my last Peripatetic Palate article, as my husband graduated in December and we're off to Bremerton, Wash. I have really enjoyed writing this column, mainly because the research is so much fun. Unfortunately, the wallet was the only thing that grew thinner.

Special thanks to Linda McClain (my first partner), Nancy Lemke, Linda Shoaff, and Janie LeRoy, who have contributed reviews over the months. Very special thanks to my husband, Charlie, whose opinions were invaluable. Charlie cheerfully provided the funding for my research. My palate and I will sorely miss the taste of the Peninsula's many fine restaurants, but we must be peripatetic or we grow stale. I appreciated all your comments, pro and con, and hope the column has led to some pleasant dining experiences for all of **CLASSMATE's** readers. Bye. □

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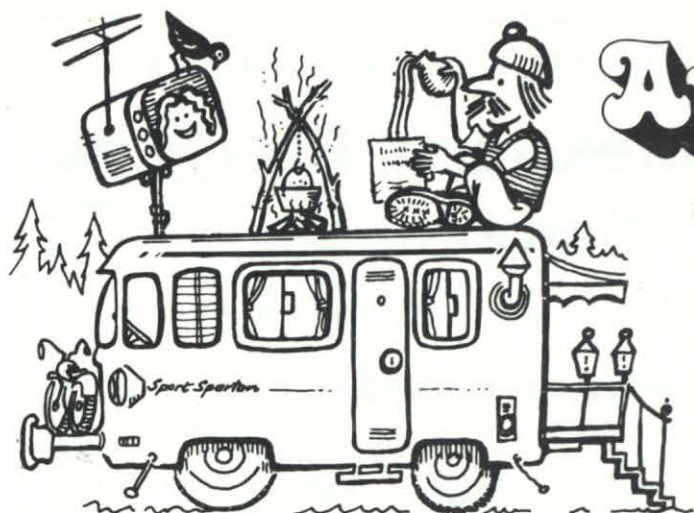
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Away From It All

by Filomena Sitler

One definite advantage of being a military wife is the opportunity to travel and see different parts of the country. While stationed in Monterey, be sure to visit world-famous San Francisco. After all, Tony Bennett left his heart there, Karl Malden tried to rid its streets of crime, and countless actors have chased each other up and down its steep hills.

San Francisco is unlike any other American city. You'll find no sprawling homes and spacious lawns. It's a city of apartments and tightly packed townhouses. Cars are kept in garages on the first floor — underneath the living room. Its relatively small land area and its population of 800,000 make it the second most densely populated city in the United States.

As a city, San Francisco was a slow starter. Although it was founded in 1776 by the Spanish as a mission post, no one showed much interest in it for the following seventy years. When gold was discovered in 1849, however, it made up for lost time and became a bustling city almost overnight.

Since entire guidebooks have been written on San Francisco, I can't hope to describe everything there is to do in this one short article. I will try to provide you with some information on the most famous sights and some tips on how to go about seeing them.

Probably the biggest concentration of things to see and do is in the north waterfront area. This is where the Golden Gate Bridge crosses over the bay to Marin County. You might want to drive across it (the toll is \$1.00) and view the San Francisco skyline from the other side.

Traveling east from the Golden Gate Bridge you'll pass the Marina Yacht Harbor, with its gorgeous sailboats; the Aquatic Park, with its bocce courts and municipal pier; and the Maritime Museum, with its display of figureheads and other sailing ship memorabilia, before reaching the shopping areas of Ghirardelli Square and the Cannery.

These former factories (Ghirardelli was a chocolate processing plant, and the Cannery was a Del Monte fruit canning complex) were extensively remodeled and



Street merchants peddle their wares in Embarcadero Park near Ghirardelli Square.

now house shops, restaurants, art galleries and cinemas. Throughout this area you'll see singers, dancers, musicians, and mimes giving free concerts on street corners.

Only a few blocks away is Fisherman's Wharf, a combination of seafood restaurants, tourist shops and fish markets. Many of the fish stalls sell "walk-away" seafood cocktails — shrimp or crab, crackers, and cocktail sauce in disposable containers.

Moored at piers nearby are the *Balclutha*, a three-masted sailing ship that's now a museum, and tour boats that offer harbor cruises underneath the Golden Gate Bridge and past Alcatraz. If you'd like a closer look at this former prison, the National Park Service gives 90-minute walking tours. Advance reservations are needed. (Call 415-398-1141)

There are several commercial parking

lots in the north waterfront area. If you get there early enough in the morning, you may even find a spot along the street.

Several blocks inland is Chinatown. The largest oriental community outside Asia, it covers about 24 blocks. Grant Avenue is the main street, and the tourists' Chinatown. Here you'll find countless souvenir shops, Chinese restaurants, and import shops. The goods in these shops will look very familiar to anyone who's ever been in Hong Kong. For a less commercial Chinatown, walk down some of the side streets to where the locals shop. There's the Portsmouth Square Garage off Kearny Street for parking, but the streets are usually so congested it might be best to use public transportation to get there.

In another part of the city is Japantown. Here the bilingual street signs are in Japanese and English instead of Chinese and English. The new Japanese Cultural and Trade Center is an impressive collection of buildings. They contain the Japanese Consulate, manufacturers showrooms exhibiting electronic equipment and automobiles retail shops selling Japanese clothing and handicrafts, restaurants, and a 15-story hotel. J-Town runs roughly from Fillmore to Octavia and from Geary to Sutter and Bush. The entrance to the parking garage at the center is on Geary.

San Francisco is 20% park land. The largest area is Golden Gate Park, nine city blocks wide and 4½ miles long. With its lakes and wooded hills, it looks like a natural wilderness, but it's not. All of this is entirely man-made. To fully appreciate this accomplishment you need to know that in 1873 a writer called this area "a dreary waste of shifting sand hills where a blade of grass cannot be raised without four posts to support it and keep it from blowing away." Today there are museums, outdoor band concerts, playgrounds, botanical displays and much more. At the Oriental Tea Garden you can relax and have some Japanese tea and cookies.

If you're interested in money (and who isn't), you might enjoy a visit to the financial district. San Francisco's Montgomery Street is known as the "Wall Street of the West." You can visit the Pacific Coast Stock Exchange and watch the action on the trading floor from the visitor's gallery. Also in this area is the main office of the Bank of America, the world's largest bank, and the Transamerica Pyramid, a distinguishing landmark of the San Francisco skyline.

The city's newest visitor attraction is the Embarcadero Center at the foot of Market Street. Until recently this was a run-down area of waterfront warehouses. The center consists of three high-rise office towers, with shopping galleries and restaurants on the lower floors, and the futuristic Hyatt Regency Hotel, with its 16-story atrium lobby. Parking is available under the three office buildings and at the hotel.

If it's your first visit to the city, you might want to glimpse the major pints of interest from a tour bus. Then later you can go back on your own and visit the ones that interested you at greater length.

Another way to get an overall view of the city is to follow the 49-Mile Drive. The drive is marked by blue and white seagull signs and provides a thorough tour of San Francisco. Unfortunately it includes the crowded downtown areas.

Driving in San Francisco is a challenge. Not only do you have almost vertical hills to contend with, but also heavy traffic and illogically (or so it seems) designated one-way streets. A San Francisco law says

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The 97-foot granite monument in Union Square commemorates Admiral Dewey's victory at Manilla Bay during the Spanish-American War.

you must curb your front wheels when parking on a hill. You can be fined if you don't. There are also very strict tow-away laws, so read the signs wherever you park.

Fortunately the cable cars can take you

within walking distance of many sights. You might want to park your car at the garage beneath Union Square (the heart of the downtown shopping district) and take one of the cable cars that leave from nearby Powell and Market. Two of the three cable car lines leave from here. The Powell Street line goes near Chinatown, through North Beach, and ends near Fisherman's Wharf. The Powell and Hyde line goes up Nob Hill, near Chinatown, and ends near Ghiradelli Square and the Cannery. The third one, the California line, begins at California and Market (not far from the Embarcadero Center) and travels up California Street past Chinatown at Grant and the financial district at Montgomery and ends at Van Ness Avenue, which is lined with automobile showrooms. You can get to this line from either of the other two by getting off at California Street and transferring. Cable cars are usually crowded. If you have to stand on the outside, hang on!

For more information write the San Francisco Convention and Visitors Bureau, 1390 Market St., San Francisco, CA 94102 or dial (415) 391-2000 for a daily run-down of special events. The NPS Recreation Office has a list of places to stay and a leaflet with a brief description of the major points of interest.

San Francisco is an exciting city with plenty to see and do. It's only a 2½-hour drive from Monterey, so don't miss it. □

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NAVY BLEU

NEW YEAR'S RESOLUTION: Lose Those Extra Pounds!

by Betsi Stone

Did anyone else enjoy all of those holiday sweets and treats just a little too much? Every bite added to the fun of the Christmas season and to my year round struggle with diet control. As my post-holiday gift to you, I offer several recipes that are low in calories (but high in good taste) and some ideas for snacks that are under 50 calories.

50 CALORIES OR LESS

- 1 dietetic breadstick
- 1 graham cracker
- 1 small apple
- 1 large artichoke
- 10 cups of bouillon (!)
- 2 large carrots
- 1 peach
- 12 pretzel sticks
- ¾ cup raw strawberries
- 10 stalks of celery
- ½ cup sweet raw cherries
- 3 whole wheat crackers
- 2 saltine, soda, or rye crackers
- ½ cup grapes
- 1 entire head of lettuce (!)
- 1 cup popcorn
- 15 tablespoons of raisins
- 1 cup canned tomato juice

GREEN PEPPER, BEEF AND WINE STEW

- 1 pound lean beef stew meat
- 2 medium onions, chopped
- 1 clove garlic, crushed
- 1 can beef broth or bouillon
- ¾ cup water
- ½ cup dry red wine
- 6 medium green peppers, cut in strips
- salt to taste

In heavy saucepan, brown meat with no added fat, stirring constantly to prevent sticking. Add onions and garlic;

cook until lightly browned. Stir in broth, water, wine, and salt. Bring to a boil, reduce heat, cover and simmer 1½ hours. Add peppers; cook 30 minutes longer. About 385 calories a serving. To save more calories, refrigerate stew and skim off fat before reheating.

APPETIZER SOUP

- 3 cups water
- 2 beef bouillon cubes
- 2 chicken bouillon cubes
- 1-lb. 3-oz. can tomatoes
- 1 medium onion, chopped
- ½ cup thinly sliced carrots
- 2 stalks celery, in ½" slices
- 3 whole peppercorns
- ½ tsp. dried sage
- 1 tsp. salt
- ¼ cup grated Parmesan cheese

In a 2-qt. saucepan with a well-fitting cover combine water, beef and chicken bouillon cubes, tomatoes, onion, carrots, celery, peppercorns, sage and salt. Simmer, covered, for 1 hour. Serve sprinkled with grated Parmesan cheese. This makes five servings at 60 calories each.

ZUCCHINI PARMIGIANA

- Salt
- 2 medium zucchini cut in ½" slices
- ½ tsp. oregano
- 2 medium tomatoes, cut in eighths
- ½ cup grated Parmesan cheese

In salted water to cover, simmer zucchini slices and oregano 10 minutes or until tender. Pre-heat broiler. Arrange drained zucchini and tomatoes, cut side up, in a shallow baking pan. Sprinkle with salt, then with cheese. Broil 4" from heat for 3 to 5 minutes or until cheese melts. This makes 4 servings at 70 calories each.

ROAST BEEF HASH

- 1 cup or more of meat, finely chopped
- 2 cooked potatoes, chopped
- ½ cup chopped onion
- ¼ tsp. celery salt
- Dash of poultry seasoning
- ¾ cup bouillon
- Salt and pepper
- 1 tsp. Worcestershire sauce

Mix all the above ingredients together. Brush a skillet with oil and turn the hash into it. Cook slowly over a low flame for about 15 minutes until hash is browned on the bottom. Put under the broiler to brown the top.

TASTY CHICKEN

- Chicken parts
- Lemon, quartered
- Seasoned salt or onion salt
- Freshly ground pepper
- 1 tsp. margarine
- ½ cup boiling water
- ½ tsp. sugar

Rub each piece of chicken with the lemon quarters, squeezing out the juice as you rub. Salt each piece generously with the salt, lifting the skin and salting underneath it. Sprinkle with pepper. Put the pieces in a covered dish and let marinate over night in the refrigerator. Put the margarine in a skillet, and brown the pieces lightly on all sides, pressing the chicken down and then moving it around so that it doesn't stick. Put the pieces into a broad, flat casserole. Into the brown, crusty remains in the pan, pour the water and scrape the residue until all is blended. Add a little salt and the sugar. Pour over the chicken and cover with foil. Bake at 350° for 40 minutes. Remove the foil and let bake 10 to 15 minutes more. This is 115 calories per 4-oz. serving.

BANANA FLAMBÉ

Per person: 1 small banana
½ tsp. sweet butter
½ tsp. sugar
1 T. gin or vodka

Butter a pan. Split peeled banana lengthwise and sprinkle with sugar. Cover and simmer over a very low fire for 15 minutes. Just before serving, throw the gin or vodka over the banana; set it on fire. This is 123 calories.

ORANGE AND MELON MOLDED SALAD

1 envelope (1 T.) unflavored gelatin
¼ tsp. salt
¾ cup diluted frozen orange juice concentrate, chilled
1 tsp. pure frozen lemon juice
½ cup melon balls
Lettuce

Sprinkle gelatin and salt over cold orange juice. Heat gently until gelatin has dissolved and liquid appears clear, stirring constantly. Add lemon juice. Pour into a 1½ cup mold. Chill until almost set, then press melon balls into orange gelatin. Return to refrigerator until set. Fill center of mold with cottage cheese and serve on a bed of lettuce. This makes 1 serving at 285 calories. □



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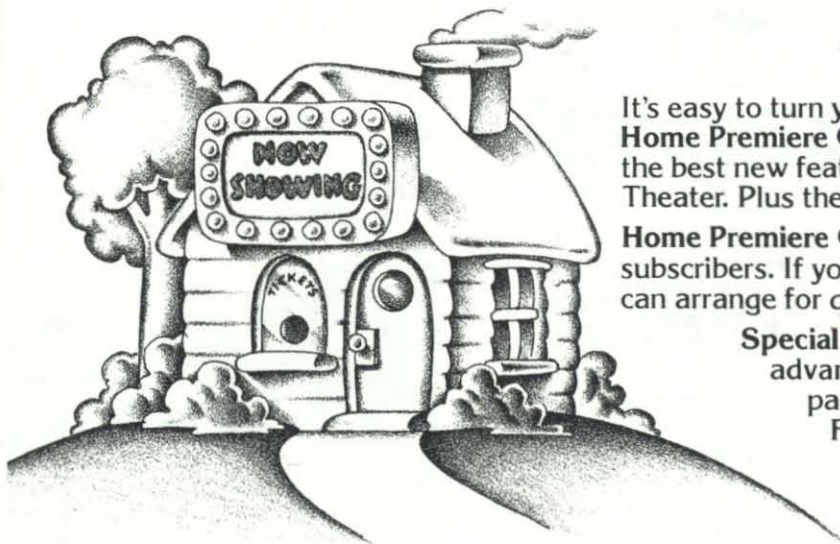
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focus of the month

Getting Involved in Your New Community

by Nancy Lemke

Every time I pass a full moving van I experience a moment of sympathy for the owners of its contents and relief that, temporarily anyway, I am settled in one spot. It's not that I don't enjoy having the broadening experience of living in various parts of the country or that the logistics of moving are unbearable (they are at times, but the feeling soon passes). It's the utter frustration of trying to set up a satisfying life in a totally unfamiliar community that makes me quake when I think of an upcoming relocation.

It seems like just when I've discovered a beautician who cuts my hair so that it suits me and my last-minute lifestyle instead of the perfect *Vogue* face and hours of time I don't have, the van rolls up at the door, and we are off to some new, unknown place. Or about the time I discover the cheapest places to buy all the necessities and unique luxuries of life, my husband comes home with orders in his hand.

These annoyances are bad enough to cause an occasional rebellious thought, but the most heartrending problems are those that shake the personal security of my everyday life. What I mean by this is the feeling I get after I have unpacked all the boxes, made our new home livable, and seen my husband established in his new job. What do I do then? Even though I may love my new surroundings, I still experience a giant void caused by absence of friends and the lack of definite activities such as a job, classes, or any of the things that made my days fulfilling and satisfying in the past. I find this a devastating time and one that is extremely difficult for me to cope with.

Fortunately, my husband is very supportive of me and understands what I am experiencing. After all, he misses his old friends, too. However, he does have a

new job to structure his days. Sometimes I find myself feeling jealous because of his immediate involvement in his job. Although he may not be crazy about it, he is at least involved and busy. This unpleasant feeling of mine is intensified if I have had to give up some especially satisfying occupation of my own at our last duty station. I hate feeling this way and eventually overcome it, but at times its presence cannot be denied.



Fortunately, over the past six years and seven moves I have learned to cope with this situation. It is not always easy or fun, and I often have to force myself out the door, but I do it. For the key to me is involvement in something outside the home. It doesn't have to be more than an occasional outing, but getting out and seeing what my new area has to offer is exciting. The civilian population has been invaluable to me in this respect. Besides knowing the most reliable cleaner, dentist, beauty parlor, etc., local people also may know about special programs or a job that may be of interest that otherwise I would never have heard about.

The civilian community is also a great source of potential friends. It is stimulating to meet people from a different lifestyle and with a possibly different view on life. And when you get together for dinner, your husbands won't be lost in hours of shop talk.

This is certainly not to discount the value of the many military families that have come into my life. They are my best friends and also those who have helped me through some of the toughest spots and with whom I have enjoyed the happiest times. However, I think that sometimes we feel we must pick our new friends from the wives of the members of our husband's ship or squadron or section, even though we may not find anyone there that really appeals to us. In cases like this, local people are great for filling the gaps.

The best ways I have found to get involved with the local civilian community are to live in it instead of government quarters. If this is undesirable or impossible, I attend local institutions such as churches, museums, or schools. The wonderful people I have met in classes were a definite bonus to the education.

After living in Monterey for 21 months (the longest we've been anywhere), I feel almost like a native. I know enough people to usually be able to say hello to someone familiar wherever I go on the Peninsula. Although this can be embarrassing when I am dressed at my worst and trying to sneak around unnoticed, it is a secure feeling of belonging and one I enjoy. Unfortunately, the day will come when we have to leave here and establish ourselves someplace else. I dread it and accept the fact that I will be unhappy for a while. But I also know that in the long run, if I get involved, I'll be just as secure and satisfied as I am here. □

re-establishing ourselves again, and again, and again

Job-Hunting — Frustrating but Sometimes Rewarding

by Janie LeRoy and
Filomena Sitrler

At some time in our lives, we all find ourselves looking for employment. It can be a discouraging, frustrating experience but worth it if the right job is found. Military wives are in the position of job-hunting more often than most women due to the inevitable moves that are a part of our husband's jobs. We usually don't have the luxury of taking months to find a job as we have limited time in the area, so we need fast and effective ways to land a job in a new city. Here are a few suggestions.

1. **Start early.** As soon as you know your new duty station, research its business climate. Try and find someone who has been there recently and who knows the employment opportunities. Your current employer might be able to refer you to prospective employers; professional organizations and journals are also helpful.

Public libraries have books such as the *Thomas' Register of American Manufacturers* that can be of service, so check with the librarian. Get a phone book of your new duty station and look through it, noting any interesting businesses and their addresses. Contact your college placement bureau as they

often serve alumni wishing to change jobs.

2. **Update your resumé.** Make it short and concise (no more than two pages). Emphasize your skills and accomplishments and avoid negative phrases and irrelevant detail. If you don't feel comfortable with a conventional resumé, then draft a personal letter containing pertinent information about yourself and your job accomplishments. It is important to put your skills and goals on paper; if nothing else, it makes you think about who you are and where you are going and, hopefully, it will give you a basis from which to approach an employer.

3. **Make contacts.** After you have done your research and updated your resumé, start mailing the resumé (remember, all this takes place before you even move). Include a cover letter with your resumé and be sure to mention when you will be available for work. When you arrive in your new location, follow-up on the initial contacts. Call the prospective employers or better yet, go in person to see them. Ask for an interview, even if they are not hiring at present. Take the initiative. Large companies are often good

places to apply if you have no specific training or if you are interested in changing fields, as they may have general-type jobs that require on-the-job training. There is also more room for advancement in larger companies and there is always a chance, however remote, that a large company would have an office in the location of your husband's next duty station.

4. **The interview.** Make sure you know the exact time and place of the interview, your interviewer's name, and its correct pronunciation. BE ON TIME! It should go without saying that your appearance should be neat and clean. Obviously the impression you're trying to give will depend on whether you're applying for a job as an elementary school teacher or a Playboy bunny, but in most cases tasteful, conservative clothes are best.

You've really got to sell yourself in a job interview. This point can't be overemphasized. You have to let them know what you have to offer. Stress your qualifications for this particular job, and mention concrete past accomplishments. Be enthusiastic.

Whenever possible, apply for a definite type of job. Don't vaguely say you'd like to work for the company in whatever capacity they may need you. On the other hand, don't say you won't consider anything else. Even if you aren't suited for the job in question, the interviewer may be impressed with your qualifications and refer you to someone else.

Chances are you'll be asked why you are interested in working for this particular company, so have some reasons in mind. Show a definite interest in the firm, and ask some specific questions about it. When it comes to salary, don't undersell yourself but be realistic. If at all possible, find out what that type of job usually pays



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5. **You don't have to answer all questions.** Even though you've brought a resumé, you may still have to fill out a standard job application. Legally you do not have to fill out your spouse's occupation and salary or how many children you have and how they will be cared for while you work. On most applications you're asked to sign your name at the end verifying that all the above statements are true, so it's better to simply not answer any questions you feel are unfair. If the employer finds out later you lied on your application, he has grounds to rescind your employment contract.

In answering your interviewer's oral questions, it's also better to leave something unsaid than to lie. Often you can stretch the truth. A CBS television reporter whose husband is an army lawyer admits that when she was interviewed for the job she said only that her husband was a lawyer for the government. Let's face it, though, if you're applying for a job in Norfolk, Va., and your resumé lists previous work experience in San Diego, Long Beach, and Charleston over the previous six years, you won't have to tell the employer you're a Navy wife.

6. **Make it known that you are looking for work.** Talk to your neighbors, your banker, your real estate agent. People who are natives of the area might have inside leads on jobs or know of businesses that are expanding. Check the newspaper want ads every day. They can give you a feel for the jobs and salaries in the area and often have some good opportunities.

7. **Check government jobs.** All levels of government are big employers and are very conscientious about practicing equal opportunity employment. Contact the nearest federal job information center (call 800-555-1212 toll-free if there is no local office) and ask for job announcements. For further information, read Carolyn Quinn's article in this issue on government jobs.

8. **Consider employment agencies.** Register with the state employment agency — they often have exclusive job listings and charge no fee. However, don't overlook private employment agencies. They can provide good jobs quickly, especially if you have a specific skill (typing, shorthand, bookkeeping). The fee involved varies with each job and each agency but the money may be worth it if it saves you a month of frustrating job-hunting.

9. **Don't give up.** After a few weeks of dead-ends, it might seem like a waste of time. The aforementioned CBS reporter looked for a job for five months. She had four interviews with CBS during that period before she was finally hired. Admittedly, in some cases, however, it is impossible to find a job that fits your in-

terests, abilities and salary requirements. If you feel there is no hope, maybe you should re-evaluate your expectations or expand the area of your job search. In any

case, be positive and someday you will be rewarded with the perfect job, if not at this duty station, then maybe at the next. □

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Don't Miss Out on Your Benefits

by Lari Johnson

It is a foregone conclusion that we move often during the life of the military career. While the active duty member of the family has a new job waiting at each duty station, the working dependent often must start over, making new connections, having endless interviews, and many times accepting jobs beneath his or her qualifications and salary expectations. Between jobs, however, there is something which can make the transition a bit easier — unemployment insurance. Every state has it and most people can qualify. Unfortunately, many unemployed persons either are not aware of these benefits and their rights, or feel "embarrassed" to file for and collect unemployment insurance (UI).

UI is available to any person who meets a few simple requirements. You must:

1. Be unemployed.
2. Be registered for work at the Employment Development Department (EDD) Employment Service.

3. File a claim at the nearest EDD field office (480 Webster St., Monterey).

4. Be able and available for work.



5. Be seeking employment.

6. Have earned at least \$750 in covered wages during the base period, which is the previous twelve month period determined by the beginning date of your claim. For example, if you filed a claim

today (January, 1978), your base period would be June, 1976-June, 1977. If you grossed \$750 during this time, you would meet requirement number six. Even if you have some doubt about your wages, take your pay stubs along and file anyway. If you meet requirements one through five, there are often special programs in effect for which you may qualify.

Remember, the employer, not the employee, pays for the UI benefits, usually through payroll taxes, and therefore your wages become "covered." UI is not welfare and should not be regarded as such. It is insurance that exists to protect you during your unemployment. You would not be too embarrassed to collect fire insurance if your house burned down, so why be reluctant to collect unemployment? Depending on your past earnings, your weekly benefit amount can range from \$30 to \$104, and most regular claims last for 26 weeks, with one 13 week Federal extension.

If you were employed in another state before transferring to California, you may file an interstate claim through the local EDD office. The Monterey office would then administer your claim, but you must meet the requirements of the state in which you worked. Requirements differ slightly from state to state. Likewise, when you leave California, you may file a claim in the state to which you are transferred, based on your California wages. That state then acts as an agent for California, but you are still bound by California laws.

California (as well as most states) can no longer disqualify a person automatically for quitting a job to follow a spouse who has been transferred. Last year the courts ruled the Domestic Quit policy unconstitutional. Any person who was disqualified under this provision during the time of the suit is eligible to refile for retroactive benefits. If you feel you might be eligible, check with the local office.

Remember, do not be afraid to file a claim or ask for information concerning benefits and rights. The Employment Service can also assist you if you feel you've been discriminated against in hiring. It is as illegal to not hire you because your husband is in the military, as it is to not hire you because of your sex, race, or religious beliefs.

Take advantage of these benefits and services. You are entitled to them and they belong to you. □



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The Federal Government as a Career Opportunity

by Carolyn Quinn

A career opportunity source which can be found in a variety of locations in the United States and overseas is the Federal Government. Jobs with the government range from clerk-typist to administrative assistant to research analyst, teacher, scientist, economist, physician, computer specialist and on and on. The extremes of the pay scale for white-collar Federal jobs are GS-1, \$6,219 per year, to GS-18, \$58,245 per year. Most positions fall between these two ratings. The pay rate is set when the position is established, according to the difficulty of the duties and the responsibilities involved. Therefore, employees do not usually begin their careers with the government at the GS-1 rating. Clerical and related positions are usually established at GS-2, \$7,035, through GS-5, \$9,959. Professional positions usually begin at GS-5 or GS-7, \$12,336.

There are a number of benefits to be derived from working for the Federal Government. Employees earn annual and sick leave at the rate of 13 days per year for the first three years of employment. For the next twelve years, the employee earns 20 days of annual and 13 days of sick leave; after 15 years of service the annual leave earned increases to 26 days per year and sick leave remains at 13 days. Sick leave is accumulated when it is not used and can be carried over from year to year. A certain amount of annual leave may also be carried over. In addition there are many opportunities for job-rated training

that aids employees in advancing in their fields. These can include college training paid for by the agency for which the person is working, or training at special facilities geared to the Federal job which the employee is holding. The government also offers a retirement program for its employees.

One of the greatest benefits for military wives is the opportunity to transfer from one agency to another. In order to transfer, the employee must find her own job by checking for vacancies and interviewing with officials in other agencies. If she is chosen for the job for which she has applied, she can make arrangements to transfer without taking another Civil Service test. Her sick leave will transfer with her and under certain conditions, so will her annual leave. If not, she will be paid for it. Civilian employees who are de-

pendents of transferring military personnel are entitled to request up to 90 days leave without pay to seek Federal employment in the new location. The leave without pay would permit the employee to transfer to the new position without a break in service.

The first thing to do if one wants to work for the Federal Government is to contact the regional Civil Service Commission office which has jurisdiction over the state where the person wants to work. The phone number of the regional office can be obtained by calling toll-free, 800-555-1212 and asking for the number of the Job Information Center in the particular state in which the person wants to be employed. The Center will have information on the types of jobs which are available in that state and may even sug-

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gest what types of jobs are available to the person according to his educational background and experience. Application forms may also be obtained from the Center.

The next step is to fill out these forms and decide what type of job for which to apply. Most jobs require that a test be taken. The Center will send a form to apply to take the test and will give information regarding when and where the test will be given. The score received on the test will determine where on the Civil Service register the person will be placed. Applicants are referred to agencies for job consideration in the order of their standing on the list. Even if a government agency is already interested in hiring a particular person, that person must take the test for the job and must be among the most highly qualified applicants for the job.

There are no written test requirements for positions at GS-9 and above. The applicants are rated on the basis of their education and experience. In seeking appointments at the mid-level, persons face stiff competition from applicants with experience directly related to the jobs to be filled. College graduates who have never worked in their fields would probably be wise to take the Professional and Administrative Center Examination (PACE) for the rating of GS-5 or GS-7.

Some agencies (U.S. Postal Service and the Foreign Service of the State Department, for example) and some specific occupations (dependents' school teachers, lawyers, cooks, chaplains, for example) are excepted from Civil Service Commission procedures. If one is interested in such a position, he or she should contact the agency directly to find out about hiring procedures.

Most government agencies have some positions which they will fill on a part time basis. The procedure for applying for this type of job is the same as applying for a full-time job.

For those who are planning to be living overseas, there are a number of agencies which have positions available. These include the Departments of Agriculture, Navy, Air Force, Army, Defense, Commerce, Transportation, Interior, State, the Agency for International Development, the Panama Canal Company — Canal Zone Government, the Peace Corps and the United States Information Agency.

The Civil Service Commission Job Information Center nearest to Monterey is in San Francisco. Information may be obtained by calling, toll free, 800-652-1130, between 9:00 a.m. and 4:00 p.m., Monday-Friday. □

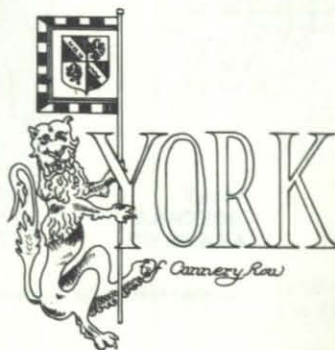


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by Linda Shoaff

During childhood most little girls go through a phase when they want to be either a teacher or a nurse when they grow up. Many of them decide to do this when they become adults. Then they marry a man in the service and learn, as they move around the country, that just because you can give shots or teach math in Missouri doesn't necessarily mean you're qualified to do the same in California. No, human bodies and mental capabilities don't change the minute state lines are crossed, but when you confront all the red tape involved in trying to become newly established, you might find that *your* mental capabilities are deteriorating! Each state has different requirements, and while this can be very frustrating, it's also nice to know that every state is theoretically trying to make sure that each applicant possesses the best qualifications.

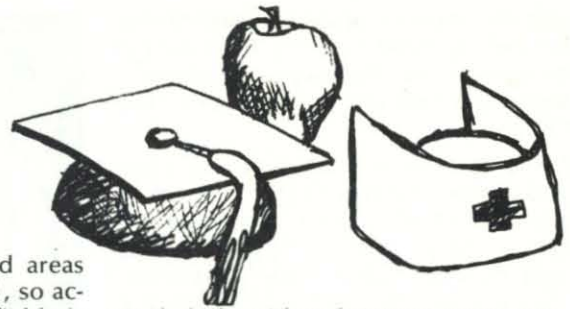
For teachers California has a "reciprocal agreement" with 26 other states, which means that if you have a credential from Florida (or one of the other 25 states), you can get one from California with less trouble than if you came from a state that doesn't have an agreement. Each person's case is different and the only way to determine what needs to be done is to go to a school district's office and get an instruction sheet telling what procedures to follow. The important thing to remember is not to go empty handed — be sure and take a copy of your teaching certificate, transcripts, and letters of reference from former employers.

Unfortunately, California has an abundance of teachers, which makes it even harder on military wives. However,

there's a shortage in specialized areas (reading, special education, etc.), so acquiring a job in one of these fields is somewhat easier. Writing ahead and letting the school district know you are coming does no good (in Monterey at least). These letters are put in a dead file, and a standard form letter is sent out telling the prospective teacher to contact the district office upon arrival in the area. The reason given for this procedure is that military orders are often changed at the last minute or the applicant may decide not to teach after getting here. With so many teachers around, the school districts prefer to deal only with people who are already here. Most military wives end up on the substitute list and some are lucky enough to obtain full time jobs while here.

For nurses, writing ahead of arrival isn't

much help either because most employers want a personal interview. However, nurses seem to have more job opportunities here on the Peninsula than teachers do. Once again, it all depends on personal qualifications and what the staffing situation is at the time of arrival. Although practical nurses can work anytime, RN's and LVN's must write to Sacramento and seek a California license, but may work as nurses' aides while waiting. (There is an International Exam offered in Oregon that is accepted by all states.) Seeking employment can be done through agencies or by talking directly to the supervisor of nurses in area hospitals. In Monterey the convalescent hospitals seem to have the most need for staff nurses. □



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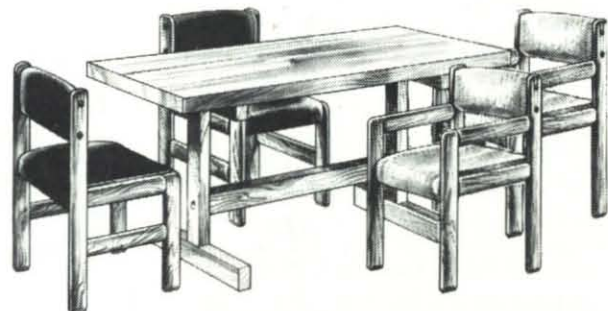
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What About Wives Clubs . . . ?

by Ann Malokas

Have you heard? Something is happening to women these days. They are active and busy. And if you believe recent articles in the magazine section of *Navy Times* and other military publications, they are either ignoring wives clubs or attacking them so violently that some people have virtually handed the clubs a death sentence.

Have things gotten this bad? By talking to military wives in this area and elsewhere I tried to find out.

Women are going back to school and going back to work either by choice or out of financial need. Women are volunteering. Women are bringing up children with one hand and sewing, juggling budgets, repairing cars and staying informed with the other. Women are playing sports and as with so many things, have decided to participate as well as observe.

With so many options and only 24 hours in a day, even the most talented women must make choices. But why has the wives club become the forgotten stepsister? There are almost as many answers as there are women.

Long gone are the days of mandatory membership, forced participation, and not so subtle pressure to conform to club policies. Or are they? Apparently not entirely. For many women a rare recent or

long ago experience has poisoned any interest they might have had in future wives clubs. Similar stories circulate and discourage new wives from joining.

Wives clubs are, above all, groups of people, with all of the good and bad things this implies.

Women speak of power struggles among members that leave them thoroughly disgusted and determined never to participate again. Another woman describes a club that tried so hard to avoid conflict that the result was a dull, lifeless program. Another one tells of a fund-raising board directly in conflict with a membership wanting a purely social group. Others who prefer the fund raising and volunteer activities find social clubs boring and unimportant. A former ways-and-means chairman sites the intractable military system at one installation that restricted club activities with countless rules and regulations. Still another woman describes a club that was destroyed by a high pressure membership drive. All these negative responses give little hope for the future of wives clubs.

But do women generally think the end of wives clubs is in sight? It is always harder to get positive thoughts, but they are there.

One woman with an impressive list of activities outside of wives clubs expresses the feelings of many when she says she looks forward each month to a single club activity as one of the few activities just for her own enjoyment. One woman who prefers smaller squadron or section wives activities occasionally liked to get out to meet people from other sections. Some busy volunteers speak of voluntary activities that are a result or were aided by Wive's club sponsorship or funding. Many have grateful memories of a cheerful welcoming committee at a new assignment or a remembrance during family illness or separation. A few women admit to joining the club under protest and being pleasantly surprised when they became involved. In some situations, especially at overseas assignments or when husbands had to be away a great deal, women sometimes consider clubs to be like close-knit neighborhoods or families. And at NPS a group of women under the auspices of a wives club put out the magazine you are now reading.

In wives clubs as in many areas, we've come a long way, baby. What next...? □

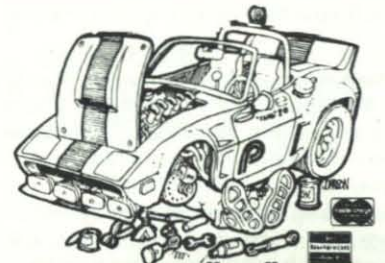
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Navy Wife Pursues Career In Social Work

by Carolyn Quinn

Some military wives are fortunate to have chosen careers which they can pursue wherever they live. One such person is Kathryn B. Decker, who has been able to continue working in her chosen field of social work in the various places where her husband, LCDR Peter Decker, has been stationed.

After Kit received her BA in psychology from the College of Idaho, she worked for several different agencies as she and Pete moved back and forth across the United States. When they were in Washington, DC, Kit began studying for her Master of Social Work degree. Although the program would normally have taken two years to complete, it took Kit six years because of a baby and a move which temporarily interrupted her studies. She completed her degree at Norfolk State College, where her interest in military families lead to research and a thesis on how Navy wives cope with separations. Kit was able to turn her thesis into a paper which she presented this past September at a conference on military families which was held in San Diego. Her paper "Coping with Sea Duty" will soon be included as a chapter in a book which resulted from the conference.

Moving from place to place has given Kit the opportunity to work in a number of areas within the field of social work. Her experience with a children's agency, a county social services office, a private counseling agency where she did marriage and individual counseling, and a university hospital psychiatric clinic has afforded her the opportunity to obtain an overall perspective that is often not available to social workers. Her interest in the adaptations of families to accommodate the husband/father's career led her into developing and co-leading workshops associated with Family Service Agencies in Norfolk and Monterey, on parenting skills and strengthening family life for military families.

Although the Deckers are moving to Hong Kong this month, Kit intends to pursue her career in whatever opportunities develop. She has already begun seeking out contacts and has confidence that she will be able to pursue her career in her new home. □



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Right in Our Midst

by Nancy Lemke

A very exciting and probably never to be found again experience awaits interested people here on the Monterey Peninsula. Jerzy Kozlowski, a former soloist at the world famous Bolshoi ballet, is now teaching here. This exceptionally qualified instructor has followed an unusual and provocative path taking him from a spotlight in Moscow's prestigious stages to a children's school in Marina.

Born 31 years ago in Poland, Kozlowski began his commitment to ballet at an early age. By the age of ten he was spending 14 hours a day at a special school for dance. It was extremely demanding both

physically and emotionally. Only 11 of the 45 students would graduate. Kozlowski, however, demonstrated a singular talent that at 19 won him a scholarship to the Bolshoi. After three years of study there, he was showcased with solos in *Swan Lake*, *Romeo and Juliet*, and *Tarantella*.

After his scholarship at the Bolshoi ended, he returned to Poland and the rigorous demands of the Grande Theatre. Sometimes they would give 28 performances during a month. This and living under the constant oppression of a communist government proved too


much for Kozlowski. In 1972 during a visit to his aunt in Chicago, he decided to defect from Poland.

In America he has danced with the Chicago and Tucson Ballets. Last May, however, he decided to give up serious dancing for awhile to collect himself after many years of coping with rigid political structures and the demands of continual performing. He now lives with his sister in Marina and teaches ballet for children and adults through the Marina Recreation Department.

Teaching children, he is strict, but his pupils adore him. He says he does not care how much they learn from him, just so long as whatever they do learn is perfect. He is a charming, personable man and appears to be an excellent teacher.

If you are interested in taking Jerzy's classes, call him at his sister's at 384-0715, or contact the Marina Recreation Department. And don't worry about your qualifications to take his class. Most of his students are dancing for exercise and don't have intentions of becoming prima ballerinas. But knowing that the instructor has the background he does, the students work harder and enjoy all the more this creative form of exercise. □

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CLASSMATE Survey

The survey included in this issue of CLASSMATE is designed to test the levels of satisfaction over various aspects of military life on the Monterey Peninsula. It includes an assessment of available services and activities, as well as some questions about situations encountered in two-career families. Some personal and family information are requested in order to compare results found here with other research on military and civilian families. No names are requested. Please feel free to make comments about any items on the questionnaire. Such comments provide insights not otherwise available. They will be read and recorded.

When the information has been gathered, data will be analyzed along with the staff survey currently being conducted at NPS. Although this CLASSMATE magazine survey is not part of the staff survey, comparisons on some items will be made.

All spouses of military officers here at the school are urged to complete the questionnaire and return it to SMC 2330, preferably by January 20th. A summary profile of results will be presented in a subsequent issue.

We would like to find out some information about you as a Military Officer's spouse, particularly concerning your satisfaction with various aspects of military life.

First, we would like some information about your spouse's career in the service.

Spouse's Age: Rank:

Spouse's present level of education (last degree completed):

Spouse's educational goal:

Which branch of service is he/she in?

How long has he/she been in the service?

Continuous service?

Would he/she like to stay in the service until retirement?

If he/she is not planning to stay in the service until retirement, what are his or her present career plans?

If he/she is not planning to stay in the service until retirement, what are his or her main reasons for wanting to leave? Please try to note the most important reason first, then the next most important reason, etc.

Ages of your children:

Now we would like some information about you.

Your Age: Your Sex:

Your present level of education or degrees (last degree completed):

Your educational goal:

Your present occupation (include if homemaker):

Your occupational goal (if different from full-time homemaker):

If you are not working outside of the home now, would you like to be working?

What are your main reasons for working or not working? (If you are doing volunteer work outside the home without pay, please specify):

The following questions pertain to the extent to which various activities give you satisfaction in your life. Please check the box that most closely approximates the satisfaction level that each provides for you now with an "A" and as you would like it to be with an "L."

ITEM	To a very little extent	To a little extent	To some extent	To a great extent	To a very great extent
Pride in Spouse's profession	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pride in Spouse's sense of achievement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Opportunity to travel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	To a very little extent	To a little extent	To some extent	To a great extent	To a very great extent
Community participation (League of Women Voters, PTA, schools, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Religious activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My career or occupation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Officers' Wives Club and social activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Military-related social activities shared with my spouse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running a home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raising children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer activities for national or international betterment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friendships with other service families	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My neighbors in service-sponsored housing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Informal contacts with other military families	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

We are interested in knowing the extent to which you and your family make use of the following services as well as your degree of satisfaction with them. For each item, please check:

N — for Never O — for Occasionally F — for Frequently

... in order to indicate your level of use. Then please check the column that most closely corresponds with the level of satisfaction you received from each facility. (Please note an "NA" those services not available to you.)

SERVICE:	To a very little extent	To a little extent	To some extent	To a great extent	To a very great extent
Medical services N O F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Post Exchange N O F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreation Facilities N O F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Commissary N O F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Officer's Club N O F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chaplaincy Services N O F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day Care Services N O F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Career Counseling N O F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psychiatric Services N O F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psychological Services (counseling, testing) N O F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Military Housing N O F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Housing Information N O F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Would you prefer civilian to military services in any of these areas? Please specify which ones.

What brings you your greatest satisfaction and greatest dissatisfaction as a service spouse? What if anything would you like to change?

	To a very little extent	To a little extent	To some extent	To a great extent	To a very great extent
In your dealings with military organizations that affect your family (medical, housing, etc.):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To what extent do you get endlessly referred from person to person when you need help?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To what extent do you have to go through a lot of "red tape" to get things done?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To what extent do you get hemmed in by long-standing rules and regulations that no one seems to be able to explain?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To what extent have local military facilities provided information to assist your family to live in this area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
For two-career families only:					
If yours is a two-career family, to what extent are you seriously committed to your career?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To what extent do you feel that your career has a negative effect on your spouse's career advancement?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To what extent do you feel that your career has a positive effect on your spouse's career advancement?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To what extent has being in a military family had a negative effect on your career advancement?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To what extent has being in a military family had a positive effect on your career advancement?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thank you very much!!!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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NPS Tennis Association

The Singles Round Robin for men, women and junior boys (all of whom must be association members) will start in January. There will be three flights: Advanced, Middle and Beginner. Junior flight players should have a fairly good game and understand play. For information contact:

Men and Jr. Boys: Larry Barbés, 372-0645.

Women and Jr. Girls: Barbara Meyer, 649-3584, SMC 1146.

January 14: We hope to have a "members only" tennis clinic. Details are being worked out. Watch for flyers.

January 28: World Team Tennis. Flyers will be out in January.

January 31: Ladies Day. Watch for flyers. □



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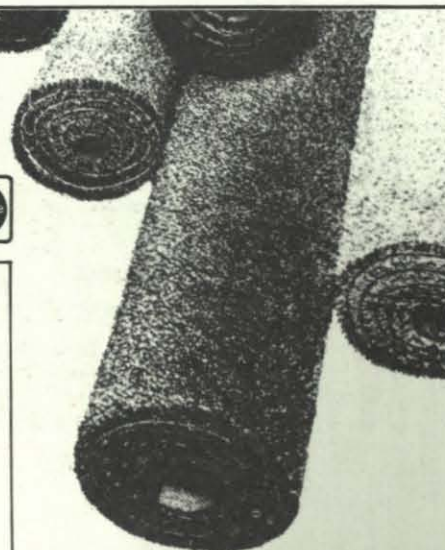
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